

Toppenish Health & Fitness, Athletics & Activities *Planning for Improvement*

Toppenish School District #202

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What We Noticed...

- Young children were overweight
- Children lacked basic movement skills
- Lack of coordination between PE, athletics, and community programs
- Toppenish has enthusiastic, knowledgeable, caring teachers, coaches, parents

What Did We Want?

- A connection between all groups and stakeholders
- Develop the “whole person”
- Base decisions on research, not emotion
- Eliminate barriers for children and their families
- Give children skills and knowledge that would give them opportunity
- Graduate students with knowledge and skills to take on any challenge

Suggestions for Improvement

- Form highly structured developmental programs (skills and drills), K – 8
- Establish highly organized and coordinated programs - year round (City of Toppenish)
- Hire intramural coordinator
- Hire performance coach to assist training

Goals for the Intramural Program

- To provide a program that is safe.
- To provide a high quality program for students in the community
- To create a program that encourages students to become more physically active and increase their overall fitness level

Goals for the Intramural Program (Cont.)

- To create a program that is accessible to students in the community
- To provide students with an opportunity to participate in organized athletics
- To provide instruction to the students so they will learn fundamental athletic skills
- To introduce students to friendly competition

Goals for the Intramural Program (Cont.)

- To incorporate a character education component into the program
- To provide an opportunity for students to spend time with positive role models
- To provide a program that is FUN!!

About the Program...

- Activities are held after school
- Transportation is provided to and from activities
- All activities are free of charge
- Equipment and instruction is provided
- This program targets students in grades 2-6; we also are working with Toppenish Parks and Recreation to provide a physical development program for students in grades K-2

About the Program... (Cont.)

- Students have the opportunity to participate 2-4 times per week during the regular school year
- Programs run for approximately 24 weeks during the regular school year
- Activities last approximately 1.5-2.5 hours
- Activities were held at 4 different sites, this year we are using only 1

About the Program...

(Cont.)

- The sports that are offered are Flag Football, Soccer, Softball, Volleyball and Basketball
- Efforts are made to ensure the program is not competing with other programs like Parks and Recreation and extracurricular academic programs

Format of Daily Activities

- An agility course has been designed to target all the components of muscular fitness
- This was designed as a warm-up as well as a tool to increase core muscular strength
- Fundamental skills are then targeted
- At the conclusion of the day students scrimmage
- At the conclusion of each sport an All-District Championship is held between all 4 elementary schools

Intramural Staff

- Last year over 60 high school students were employed as activity leaders
- 4 adults certified in CPR and First Aid supervise activities
- These staff members meet weekly to discuss the activity format for the following week and evaluate past activities

Summer Program

- Activities were held for 6 weeks
- Activities were held 5 times a week from 10:00 am to 1:30 pm
- Transportation, lunch and coaching was provided
- 5 different sports were offered (flag football, soccer, softball, volleyball and basketball)
- Activities were held at one site
- Averaged 61 participants per day (1840 participations total)

Statistics for 02-03

- Approximately 45% of the students eligible to participate in the program registered to participate (487 out of 1081 students)
- Over 7000 participations
- Over 14,700 hours spent participating in an intramural activity
- An average of 227 participations each week

The Future of the Intramural Program

- Increase participation to over 60%
- Expand the program to include activities that are not sport related
- Program for students in all grades
- Program activities during lunch
- Create extramural opportunities within the region

The Future of the Intramural Program (Cont.)

- Assist in implementing more fitness testing in physical education classes
- Host regional tournaments
- Open a community fitness center that is owned by the school district, the city and parks and recreation

Other Programs

- T.E.A.M. Program

Objective: to develop physical components of fitness and skill in children Pre K – Grade 2, with emphasis placed on the teaching of team building, character development, and sportsmanship, in a noncompetitive environment.

- Performance Program

Objective: to develop athleticism in every student (Pre K – Grade 12), with emphasis placed on the training of the “whole person”.

- Health and Fitness Restructuring

Objective: to restructure and develop a spiraling health and fitness program (K-12), to align with the Washington State Essential Learnings, and emphasize developing the whole person. To give every student/athlete opportunity and unlimited possibilities.

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